

## Carrot Scones

 Gluten Free

READY IN



48 min.

SERVINGS



12

CALORIES



338 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 6 oz cream cheese softened
- 1 box betty delights super carrot cake mix
- 3 tablespoons vegetable oil
- 1 eggs
- 0.5 cup walnuts
- 0.5 cup raisins
- 0.5 cup cream cheese frosting

### Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- microwave

## Directions

- Heat oven to 400°F (375°F for dark or nonstick pan). Grease cookie sheet, or spray with baking spray with flour.
- In large bowl, cut cream cheese into dry cake mix, using fork, until mixture looks like fine crumbs. Stir in oil, egg, walnuts and raisins until soft dough forms. Knead 6 times on well-floured surface.
- Divide dough in half; shape each half into a ball. Press dough into 3/4-inch-thick circle (about 6 1/2 inches in diameter).
- Cut each into 6 wedges with lightly floured knife.
- Place 1 inch apart on cookie sheet.
- Bake 15 to 19 minutes or until edges just begin to brown.
- Remove from cookie sheet. Cool 10 minutes. In small microwavable bowl, microwave frosting uncovered on Medium (50%) 15 seconds.
- Drizzle frosting over scones.
- Serve warm. Store covered.

## Nutrition Facts



**PROTEIN 5.75%** **FAT 41.46%** **CARBS 52.79%**

## Properties

Glycemic Index:8.82, Glycemic Load:2.83, Inflammation Score:-6, Nutrition Score:4.4030435007551%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

## Nutrients (% of daily need)

Calories: 338.22kcal (16.91%), Fat: 15.6g (24%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 42.64g (15.51%), Sugar: 25.46g (28.29%), Cholesterol: 27.96mg (9.32%), Sodium: 242.84mg (10.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Vitamin A: 1205.64IU (24.11%), Manganese: 0.19mg (9.35%), Fiber: 2.05g (8.21%), Iron: 1.33mg (7.39%), Vitamin K: 6.69µg (6.37%), Copper: 0.1mg (5.19%), Calcium: 48.48mg (4.85%), Phosphorus: 44.25mg (4.43%), Vitamin B2: 0.07mg (4.03%), Selenium: 2.69µg (3.84%), Vitamin E: 0.47mg (3.15%), Magnesium: 11.51mg (2.88%), Potassium: 100.07mg (2.86%), Vitamin B6: 0.05mg (2.59%), Vitamin C: 1.94mg (2.35%), Folate: 7.96µg (1.99%), Zinc: 0.28mg (1.88%), Vitamin B1: 0.03mg (1.87%), Vitamin B5: 0.17mg (1.68%), Vitamin B12: 0.06µg (1.06%)